ONE-ROOM COOKERY

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A Room of Your Own

PERHAPS you are one of the many thousands of women—or men, for that matter—who live in one-room flatlets. Probably the room was not originally designed as a bed-sitting room, but with a great deal of ingenuity and careful planning it has been made into a pleasant and comfortable home. You have a divan bed that looks exactly like a settee during the day, neat unit furniture for your clothes and " bits and pieces ", and a clean and labour-saving gas fire.

How about your cooking arrangements ? Perhaps you don't do much cooking at home because your equipment isn't adequate to prepare a really satisfactory meal, and after a hard day's work cooking can become a tiresome business. Most of us have our mid-day meal in a restaurant or canteen, but like a meal at home in the evening, and friends in occasionally to share it. How then can this be achieved with a minimum of effort ?

There is a tremendous variety of things which you can cook for yourself on a gas ring or a gas grill. The recipes are too often tucked away in large cookery books which you don't feel justified in buying and anyway, they are too complicated for your limited equipment. In this booklet you will find an assortment of recipes specially chosen to suit your equipment and the time you will be able to spend on cooking. The kitchen utensils you will need to use for each recipe are noted beside it, and there are also directions on how to plan a small kitchenette in one corner of your room, with a list of the minimum equipment. Mr. Therm has designed a wide range of gas appliances to cater for your special requirements, from the neat gas ring to the " baby " cooker complete with oven. All of them are smart and compact in appearance, easy to install and keep clean, efficient in operation and economical in gas consumption. With one of these appliances, and this booklet as a guide, we hope you will be able to plan and cook varied and appetising meals for yourself and your friends.

Methods of Cookery

★ BOILING

Utensils required : Saucepan with a lid.

To boil, place the food into boiling water, and allow to boil gently for the required time. Have enough water to cover the food unless otherwise stated, and put the lid on the pan to keep in the steam and smell.

★ FRYING

Utensils required : frying pan and perforated spoon, or fish slice.

There are two types of frying, deep and shallow. Deep frying is not a practical proposition for the one-room flat, so it will be omitted.

To fry, place the fat (dripping or one of the vegetable fats) into the frying pan, heat until a blue smoke rises, then gently put the food into the pan. Cook on one side until brown, then turn over and cook on the other side until the same colour. Reduce the heat and cook for some minutes on each side until cooked through.

★ GRILLING

Utensils required : grill tin.

Grilling is cooking by the heat from the red-hot grill frets. Light the gas and allow 2 to 3 minutes for the frets to heat up before placing the food beneath. If your grill pan has a reversible grid mesh, you can adjust the latter according to the food to be cooked—in the high position for toast, and lower for bacon, tomatoes, meat and fish which need longer cooking time. For food which needs browning only, remove the mesh grid altogether, so that the bottom of the dish rests flat on the pan.

★ STEAMING

Utensils required : saucepan, steamer with lid or two enamel plates.

Steaming is cooking in the steam that rises from boiling water. Half fill the saucepan with water and place the steamer, which is a vessel with holes in the bottom, or an enamel plate over the pan. Bring the water to the boil, then place the food to be cooked in the steamer or on the plate and cover with a lid or another enamel plate. Keep the water in the saucepan boiling, but do not let it boil away.

This method will prove exceptionally useful for those who have no grill.

★ STEWING

Utensils required : a saucepan with a lid.

Stewing is cooking slowly in a small quantity of liquid in a saucepan with the lid on.

★ ROASTING AND BAKING

Utensils required : baking tin ; fireproof ware.

Roasting and baking in the small oven which is an integral part of some one-room appliances* will, in most cases, take the same time as that required to cook in a full sized oven. An oven will, of course, considerably extend the scope of dishes that can be prepared.

**As an alternative to the one-room appliance with an oven, it is possible to obtain a small portable oven which can be used on a gas ring.*

★ POT ROASTING

Utensils required : thick bottomed saucepan with tight fitting lid.

This is an alternative method of roasting meat when no oven is available. The meat is cooked very slowly in a little dripping, in a saucepan with a tight fitting lid. This method is particularly suitable for tenderising the cheaper cuts of meat.

★ PRESSURE COOKING

Pressure cooking is a time and fuel saving method of carrying out all cooking operations coming under the heading of boiling and simmering. The manufacturer's instructions should be followed carefully.

★ QUICK-FROZEN FOODS

A wide range of food, both in raw and pre-cooked state, is now preserved by rapid freezing to very low temperatures. Being fresh foods they should be used as soon after purchase as possible, but they may, unless otherwise stated, be kept up to 24 hours in a *cool* place, or up to 3 days in the ice compartment of a refrigerator. Instructions on the carton should be carefully noted.

Vegetables : Cook frozen (or thawed) in the smallest convenient quantity of boiling salted water until tender. Only a fraction of the usual cooking time is needed.

Fruit : Cooking varieties—cook frozen or thawed—see carton for special points. *Dessert fruits :* Thaw in unopened carton at room temperature for 3–4 hours.

Fish : Thaw sufficiently to separate fillets, then cook as usual, allowing slightly longer cooking time.

Poultry : Thaw completely at room temperature, then cook as usual.

Jointed poultry : Cook as soon as defrosted.

Pre-cooked foods : Follow manufacturers' instructions.

Soup

It is not always practical to make soup in a one-room flat, nor is soup-making very economical in small quantities, but this does not mean that it should be ruled out of the menu, as the tinned varieties are extremely good. To reheat tinned soup, turn the contents into a saucepan and heat through slowly. The quantity can be increased by using milk, if suitable, otherwise water or the liquor in which vegetables have been canned, may be added. If keeping soup from one day to another, heat what is required and keep the remainder in a covered basin until needed. When entertaining you may, however, prefer to offer your guests home-made soup, and below are three economical and reasonably quick recipes.

FRENCH PEASANT SOUP

Utensils required : frying pan, sieve, saucepan.

2 *or* 3 *onions ; 2 or 3 tomatoes ; a little margarine ;* 1½ *pints water or mixture of milk and water ;* ½ *loaf stale brown bread ; saucer of grated cheese ; seasoning.*

Fry the chopped onions and tomatoes together in the fat. When the onions are light-brown, add the water or mixed milk and water. Thoroughly crumble the bread and add to the soup. Season. Allow the mixture to simmer gently for about 20 minutes, then pass through a sieve. Add the grated cheese and serve. Add a little more liquid if the soup is too thick.

QUICK SUMMER SOUP

Utensils required : saucepan.

2 *pints water or vegetable stock ;* 3 *meat cubes ;* 1 *tablespoon sago ;* 4 *tomatoes ; seasoning.*

Skin and pulp the tomatoes. Dissolve the meat cubes in the water or stock and boil up. Sprinkle in the sago and simmer for about ten minutes until cooked, then add the tomatoes and cook for another five minutes. Season to taste and serve.

BRUNOISE (VEGETABLE) SOUP

Utensils required : saucepan.

1 *medium carrot ;* 1 *small turnip ;* ½ *parsnip ;* 1 *small leek ;* 2 *finger-lengths celery ;* ½ *oz. margarine ;* 1½ *pints boiling water ; seasoning.*

Prepare and shred root vegetables ; chop leek and celery finely. Melt the margarine in a saucepan, add the vegetables and replace lid. Cook very gently for ten minutes, shaking occasionally. Pour on the boiling water and season. Bring to boil and simmer for 15 to 20 minutes. *Toast, or cubes of crisply-fried bread, are often handed with soup.*

Fish

TO CHOOSE

Freshness is the most important quality of the fish. See that the flesh is firm, the eyes bright, the gills red and the fish well covered with scales. The spots on plaice should be bright red. Salmon should be a good pink colour.

TO PREPARE WHOLE FISH

Remove any black skin by rubbing with salt. With kitchen scissors cut off head, tail and fins. Scrape off scales with knife. Cut slanting cuts on both sides of the fish. Wash thoroughly and dry in a clean cloth.

GRILLING

Utensils required : grill tin, perforated spoon.

Remove trivet from grill tin. Grease grill pan. Place fish in the tin with a few knobs of fat on top. Cook underneath the grill until brown and the flesh opaque, then place on top of the grill to cook the under-side. A whole fish, enough for one, will take about 5-7 minutes to grill. When done the flesh is quite white and will come away from the bone easily. Slices of fish are grilled in the same way, except cuts are not made on the fish before cooking.

Tomatoes may be cooked on an enamel plate at the same time as the fish by placing these on top of the grill while the fish is underneath and vice versa.

Fish suitable for grilling include :—

Small whole plaice ; Dover and witch soles ; slices of cod ; fresh and frozen salmon ; halibut ; turbot ; herrings ; kippers ; bloaters.

FRYING

Utensils required : frying pan, perforated spoon.

The following method of shallow frying is quite suitable for either fillets, slices or whole fish.

Heat some butter or clarified margarine—a piece the size of a walnut will be enough—in a frying pan until it is foaming. Place the fish, which should be quite dry, in the pan, and fry on both sides until golden brown. When the fish is nearly ready, add a little lemon juice and chopped parsley.

POACHING

Utensils required : one saucepan, lid to fit, perforated spoon.

This is a very good way of cooking when there is no grill.

Heat a little milk, just enough to cover fish. For a fillet, season, fold in three, place in the boiling milk and reduce the heat. Put the lid on the pan and simmer gently until cooked. A fillet of fish will take about 10 minutes. The milk can be made into a sauce.

STEAMING

Utensils required : saucepan, 2 enamel plates, perforated spoon.

Season fish with salt, pepper and lemon juice. If fillets, fold in three with skin side inside. Place on a greased plate, cover with a piece of greased paper and then with a saucepan lid or another enamel plate. Place over a pan of boiling water. Cook about 20 minutes, or until the fish is opaque all through. Serve with a sauce.

Tomatoes could be steamed on the plate with the fish, or tinned vegetables heated, and potatoes could be boiled in the saucepan at the same time.

Herrings in tomato sauce and other fish dishes can be bought ready prepared or in tins, and reheated on a greased enamel or tin plate over a very low gas flame.

Fish Recipes

CREAMED SALMON

Utensils required : saucepan, tin opener, fireproof dish.

1 *teacup cooked fish or small can salmon ;* 1 *teacup of white sauce ;* 1 *dessertspoon Worcester, tomato or anchovy sauce ; seasoning.*

Make a fairly thick white sauce. Add seasoning and flavouring sauce. Place half the sauce in fireproof dish. Add the fish and cover with remainder of sauce. Brown underneath the grill. Serve with grilled tomatoes.

FISH AU GRATIN

Utensils required : saucepan and lid, grater, fireproof dish.

2 *fillets plaice, sole or haddock ;* 1 *teacup white sauce ;* 2 *tablespoons grated cheese ; seasoning.*

Season fillets. Fold in three and poach or steam for about 15 minutes. Place in fireproof dish. Pour over sauce to which half the cheese has been added. Sprinkle remainder of cheese on top and brown under the grill.

KEDGEREE

Utensils required : saucepan, strainer.

1 *teacup cooked fish or tinned salmon ;* 2 *tablespoons rice ;* 1 *hard-boiled egg ;* 1 *knob of butter or margarine size of a walnut ; seasoning.*

Cook rice in boiling water until tender (about 12 to 15 minutes). When cooked, pour in a cup of cold water to separate grains, then strain. Melt fat, add fish, rice and seasoning. Thoroughly reheat. Serve garnished with chopped hard-boiled egg.

JUGGED KIPPERS

Utensils required : jug.

Remove head and tail, roll up, and place in a suitable jug or jar. Pour boiling water over, cover with a saucer, and leave by the side of the fire for 5 to 10 minutes. Drain well, add a pat of butter or margarine and serve hot.

FINNAN HADDOCK

Utensils required : frying pan, fish slice.

1 *small Finnan haddock ; a little milk and water ; seasoning.*

Place sufficient milk and water to cover base of pan. Add haddock. Bring to the boil and cook for 2-3 minutes. Serve with the liquid in which the fish has been cooked or with a pat of butter or margarine.

SOUSED HERRINGS

Utensils required : fireproof dish.

Herrings ; vinegar and water in equal quantities ; black pepper and salt ; bay leaves.

Clean and scale the fish, remove the roes, split down the front and remove backbone. Sprinkle with black pepper and salt and put a small piece of bay leaf on each fish. Roll up and put in a fireproof dish. Cover with equal quantities of vinegar and water. Bake in a moderate oven till cooked—about an hour. Allow to cool and serve in the liquor.

SCALLOPED CODS' ROES

Utensils required : saucepan, scallop shells.

8 *oz. cods' roes ;* 1 *tablespoon vinegar ;* 4 *scallop shells ;* ½ *pint cold water ; breadcrumbs ; seasoning.* **Sauce :** 1 *oz. margarine ;* 1 *oz. flour ;* ½ *pint milk.*

Boil the roes in salted water and vinegar for ten minutes. Cut into slices and place on scallop shells. Make the sauce by melting the fat in a saucepan, then add the flour and cook for a second or two over gentle heat. Add all the liquid, stir till it thickens and cook for three minutes. Pour a little over each of the scallops, sprinkle with bread-crumbs and brown under grill. Serve with mashed potatoes.

STUFFED BAKED COD

Utensils required : enamel plate, roasting tin.

1 *cod steak ;* ¼ *teaspoon chopped parsley ; small quantity dripping ;* 1 *dessertspoon soaked stale bread ; mixed herbs ; seasoning.*

Clean the cod and leave it soaking in water for a few minutes. Squeeze the water out of the bread and add it to the other ingredients to make the stuffing. Put the fat in a small roasting tin in the oven and heat until smoking hot. Remove the centre bone and any others from the fish. Put in the stuffing, and tie round with a piece of cotton. Put in the tin with melted fat, and baste immediately. Cook for 30 minutes, basting periodically during cooking. Remove cotton and serve.

HADDOCK SAVOURIES

Utensils required : saucepan, baking tin.

4 *oz. pastry ;* 2 *oz. chopped cooked haddock ;* ½ *oz. margarine ;* 1 *oz. grated cheese ; yolk of egg ; cayenne pepper.*

Roll out the pastry thinly and cut into rounds. Melt the fat and stir in the haddock, cheese, egg and a dash of cayenne pepper. Put a spoon-ful of the mixture on each round of pastry. Damp the edges and form into triangular shapes. Glaze with milk and bake in a moderate oven for 15 minutes. Garnish with parsley.

FISH PIE

Utensils required : fireproof dish.

1 *teacup cooked fish ;* 1 *teacup white sauce ;* 1 *dessertspoon Worcester sauce ; mashed potatoes ; seasoning.*

Mix together the fish, white sauce and seasonings. Put in a fireproof dish, cover with mashed potatoes, and brown under the grill.

NORMANDY HERRINGS

Utensils required : frying pan, grill tin.

1 *herring and* 1 *slice of bread per person ; a little anchovy essence ; anchovy or tomato sauce ; dripping ; straw potatoes.*

Fillet the herrings, then grill. Fry the bread in dripping, drain, then spread lightly with anchovy essence. Put two fillets of herring on each slice of bread, arrange straw potatoes around and serve with anchovy or tomato sauce. To make the potato straws, cut the potatoes after peeling in thin slices. Soak in cold water for a while, then drain thoroughly. Wipe, place the slices on a board, cut into straws and fry. Shake the pan to keep the straws from sticking together.

HARD ROES

Utensils required : Frying pan.

Hard roe ; beaten egg ; breadcrumbs ; flour

Hard roes should be floured, egged and breadcrumbed and fried for 3 to 5 minutes, and are equally savoury served hot or cold. For a satisfying meal serve with mashed potatoes and fried tomatoes.

POACHED FISH

Utensils required : saucepan ; casserole.

1 *whiting or medium sized sole ;* 1 *gill fish stock ; small piece margarine.*

Wash and fillet the fish ; use bones and trimmings to make the stock. Grease a casserole dish, put in the fillets and just cover with the stock. Put a piece of greaseproof paper over the top and bake gently until done. Drain off the stock and make a sauce. Use half stock and half milk to make any sauce preferred, say, parsley or egg. Pour over the fish and serve at once.

Vegetables

Vegetables are difficult to prepare and cook in a one-room flat because of the debris, washing of vegetables and smell in cooking. However, it is very important to have green vegetables, and the following would be the most satisfactory way of cooking and preparing them.

PREPARATION OF GREEN VEGETABLES

Remove any withered outside leaves and excess stalk from cabbage or cauliflower. Wash thoroughly in cold water. It is not necessary to soak green vegetables. If salad vegetables, shake until dry in a clean cloth.

Shred cabbages. For cauliflowers, remove outside leaves and scoop out the stalk or divide into flowerets. Sprouts should be cut across the stem.

PREPARATION OF ROOT VEGETABLES

Scrape carrots, peel potatoes thinly, peel turnips thickly, peel onions, remove outside leaves and root from celery and seakale. Cut up carrots and turnips if old ; if young, leave whole.

Wash well.

PEAS AND BEANS

Shell peas and broad beans. String and shred runner beans. Cook French beans whole if young.

COOKING

Place vegetables to be cooked in a saucepan. Pour on enough boiling water to cover the base of the saucepan—about ½-1 cupful ; add salt to flavour—½-1 teaspoon.

Cover with tight-fitting lid, bring quickly to the boil. Reduce heat and simmer till cooked.

COOKING TIMES

Vegetables	*How prepared*	*Time to cook*
Beans, broad	Shredded	20-30 minutes, according to age

Vegetables	*How prepared*	*Time to cook*
Beans, runner	Shredded	20 minutes
Carrots, old	Sliced thinly	20-30 minutes
Carrots, new	Left whole	20 minutes
Cauliflower	Whole	25 minutes
	Divided into flowerets	12 minutes
Cabbage	Shredded	12-15 minutes
Peas	Shelled	15-20 minutes
Potatoes	Left whole if small	20-30 minutes, according to age
	Halved or quartered if large	
Sprouts	Left whole	20 minutes
Turnips	Cut in dice	20-25 minutes

To fry potatoes

After peeling, cut potatoes into chips. Dry thoroughly in a cloth. Make some dripping smoking hot in a frying pan ; put in the chips and fry until golden brown, turning frequently during cooking to ensure even browning. They will take 7-10 minutes.

To sauté

Use any cold cooked potatoes cut into slices. Make some dripping hot in a frying pan ; add potatoes and fry on both sides until brown.

Roast potatoes

If you have an oven the potatoes may, of course, be roasted either round the meat or separately in a baking tin in a small quantity of hot fat.

CANNED VEGETABLES

These are the standby of all who cook for themselves, and they are a marvellous aid in making meals attractive. Many people think of canned vegetables in terms of tinned peas or baked beans, but these days most vegetables can be obtained in tins.

To prepare

If directions are given on the tin follow these carefully. If you have enough fat the vegetables may be drained from the liquid in which they are canned and heated in a little butter or margarine. Alternatively, a white sauce could be made and carrots, broad beans or celery heated in it.

To keep

Heat the quantity of vegetable required. Keep what is over in the liquid in which it was canned in a covered vessel in as cold a place as possible—preferably, a refrigerator. Use as soon as possible.

Vegetable Dishes

CAULIFLOWER CHEESE

Utensils required : 2 saucepans, strainer, grater, fireproof dish.

1 cauliflower ; ½ pint white sauce ; 1 teacup cheese ; seasoning.

Divide cauliflower into flowerets, wash and cook as per directions. Make a white sauce and add three-quarters of the cheese to it. Season well. Drain cauliflower ; place in fireproof dish. Pour sauce over, sprinkle with remainder of cheese and brown underneath the grill.

CHEESE POTATOES

Utensils required : saucepan, fireproof dish.

3-4 boiled potatoes ; ½ oz. margarine ; 2 tablespoons grated cheese ; 2 tablespoons milk ; seasoning ; breadcrumbs and few slices tomatoes for topping.

Mash potatoes in pan over low gas flame. Add milk, margarine and cheese and season. Place in a fireproof dish, put a few slices of tomatoes on top, sprinkle with breadcrumbs and brown under the grill.

TOMATO SCRAMBLE

Utensils required : enamel plate, grater, saucepan.

1 large tomato ; 4 tablespoons grated cheese ; 1 level tablespoon flour ; 1 oz. margarine ; 2 slices toast ; seasoning.

Melt fat, add flour and cook till bubbling. Add tomato cut in dice and cook for 2-3 minutes. Add cheese and seasoning ; re-heat gently and serve on hot buttered toast.

MACARONI AND CHEESE

Utensils required : saucepan, grater, strainer, fireproof dish.

1 teacup macaroni ; ½ pint milk and macaroni liquor ; 1 teacup grated cheese ; ½ oz. margarine ; 1 heaped dessertspoon flour ; seasoning.

Boil macaroni in salted water for about 20 minutes. Make a sauce and add to it three-quarters of the cheese, seasonings and the macaroni. Place in fireproof dish. Sprinkle remainder of the cheese on the top and brown underneath grill.

CHEESE AND BACON SLICES

Utensils required : grill tin, grater.

2 *slices of bread spread with butter or margarine ; 2 tablespoons grated cheese ; rasher of bacon.*

Sprinkle bread and butter with grated cheese. Grill rasher. Place between bread and toast on both sides. If preferred the bread could be fried.

RISOTTO

Utensils required : strainer, saucepan, plate.

$\frac{1}{2}$ *teacup rice ; breakfastcup stock made with meat extract ;* $\frac{1}{3}$ *teacup tomato sauce ; 2 tablespoons chopped ham or other meat.*

Wash rice. Place in boiling stock and cook until the liquid is absorbed, and the rice is tender. If necessary, more stock or water can be added. When the rice is cooked add chopped meat and tomato sauce and serve.

EGG ON SPINACH

Utensils required : saucepan, plate, fireproof dish.

1 *lb. spinach ; seasoning ; pinch nutmeg ;* $\frac{1}{2}$ *oz. margarine ;* $\frac{1}{4}$ *pint white sauce ; 1 hard boiled egg ; 1 tablespoon grated cheese.*

Wash spinach well and cook in only the liquid which clings to the leaves. Drain and press out all the water. Chop finely and season. Re-heat in the margarine and a little of the white sauce. Place in a fireproof dish, top with sliced egg. Coat the spinach with hot sauce, sprinkle with cheese and brown under the grill.

Plain poached eggs on spinach are also extremely good.

BAKED MARROW

Utensils required : baking tin.

Young marrow ; seasoning ; stuffing.

Young marrows may be steamed whole—time about 30-45 minutes. To bake, peel, remove seeds and fill with minced meat or savoury stuffing ; bake, basting occasionally, for 30-45 minutes.

Meat

The following are suitable for grilling or frying :—

Bacon
Chops
Cutlets
Kidneys
Steak
Sausages
Chicken or other poultry cut into pieces

When serving a grill, cook tomatoes or mushrooms with the meat, and also serve some potatoes, preferably mashed, or a tinned vegetable could be heated in a saucepan on top of the grill. If cooking potatoes or a fresh vegetable, put these on about 20 minutes before starting to grill and then the meal will all be ready at the same time.

GRILLING

Utensils required : grill tin and fork or skewers.

Bacon

Remove the rind. Place underneath red-hot grill. Turn when beginning to crinkle. Takes 1-2 minutes according to thickness.

Chops and Cutlets

Place underneath red-hot grill. Cook on one side for about 5 minutes until brown, then turn and cook for the same length of time on the other side. The meat is done if it springs back when pressed.

Kidneys

Dip into warm water and remove skin. Split open from the round top of the kidney, but do not cut in half. Remove the core, which is the whitish part in the centre, with a pair of scissors. Using skewers or cocktail sticks secure the kidneys in position. Place underneath grill and cook 4-5 minutes.

Steak

Cook as for chops and cutlets.

Pork chops and gammon rashers

Cook as on previous page. Time, 12-15 minutes.

Sausages

Put the sausages in grill tin (no fat is required) and cook gently until brown on all sides. Time, about 10 minutes.

Poultry

Secure pieces with skewers. Place fat on pieces and grill as usual. Time, 15-20 minutes.

Mixed grills

May comprise a cutlet, sausage, rasher of bacon, tomato and mushroom.

FRYING

Utensils required : frying pan, fork.

Grilling makes less mess and smell and is more digestible than frying, so if you have a grill it is best to use it.

To fry bacon and sausages

Place in cold frying pan and cook gently. Turn bacon when the fat becomes transparent. Turn sausages, but do not stick a fork into them when cooking. Time : bacon 2 minutes, sausages about 10 minutes.

To fry chops, etc.

Make a little fat smoking hot in frying pan and then add meat to be cooked. Turn when brown, then reduce heat to cook through. Time as for grilling.

ROASTING

If you are fortunate in having a small oven you will, of course, be able to roast a little joint or do your cooking in a casserole. Check the oven temperature carefully.

Meat Dishes

BRAISED CHOPS

Utensils required : saucepan.

2 chops ; 2 tomatoes ; 1 onion ; peas ; piece of dripping the size of a walnut ; seasoning.

Slice onions and tomatoes. Fry onions and chops in hot dripping in a saucepan until brown. Add tomatoes, peas and two tablespoons of water. Cover with tight fitting lid and simmer for ½ hour.

LIVER AND BACON

Utensils required : plate, frying pan.

3-4 oz. liver ; 2 rashers bacon ; 1 dessertspoon seasoned flour ; ½ teacup water or stock.

Cut liver into thin slices ; wash, dry and dip in seasoned flour. Fry bacon, draw to one side of pan and fry liver until brown and cooked through (about 5 minutes). Put on plate to keep hot. Add remainder of flour to pan, mix well with fat, add water and boil till the gravy thickens. Use a meat extract for flavouring.

POT ROAST

Utensils required : saucepan with tight fitting lid.

1 lb. topside ; 1 onion, carrot and turnip ; piece of dripping the size of a walnut.

Cut up vegetables. Fry meat and vegetables until brown. Cover with a lid and cook *very* gently until done. This should take about 45 minutes.

VIENNA STEAKS

Utensils required : enamel plate, frying pan.

½ lb. minced steak ; pinch mixed herbs ; seasoning ; a beaten egg ; piece of margarine or dripping the size of a walnut.

Mix minced steak and seasoning together on an enamel plate and add beaten egg to bind the meat. Divide into four flat cakes. Fry in hot fat, first on one side and then on the other, for 7-10 minutes.

STEAK AND BEAN CASSEROLE

Utensils required : saucepan, enamel plate.

1 *small tin baked beans ;* ½ *lb. stewing steak ;* 1 *onion ;* 1 *carrot ;* 1 *dessertspoon flour ;* 1½ *teacups water, or stock ; seasoning.*

Cut up and roll meat in seasoned flour. Cut up vegetables. Place in pan, add water or stock and bring to boil, then add vegetables. Simmer 1½ hours. Add beans, cook for 5 minutes, then serve.

SAUTÉ KIDNEY

Utensils required : enamel plate, saucepan.

2 *kidneys ;* 1 *teaspoon seasoned flour ; piece of fat the size of a walnut.*

Cut up the kidneys ; roll in seasoned flour. Melt fat, add kidneys and cook for about 5 minutes. Serve on toast or with mashed potatoes.

SAVOURY GAMMON RASHER

Utensils required : frying pan.

1 *gammon rasher ;* 2 *tablespoons stale breadcrumbs ;* 1 *onion ;* 2 *tomatoes ; seasoning.*

Fry the rasher on both sides. (It will not be necessary to use any fat.) Draw to side of pan. Add onion cut up and fry well ; add tomatoes cut up, crumbs and seasoning, and cook for about 5 minutes. Serve gammon with savoury mixture piled on top.

VEAL CUTLET À LA NEAPOLITAN

Utensils required : frying pan.

¼ *lb. veal cutlet ; small tin spaghetti and tomato sauce ; piece of fat the size of a walnut.*

Cut veal cutlet thinly. Heat fat till foaming and fry the cutlet on both sides. (About 5 minutes to cook.) Serve with the heated spaghetti.

SAUSAGE AND MACARONI MOULD

Utensils required : saucepan, basin.

1 *oz. macaroni ;* 1 *level tablespoon flour ; little milk or water ; drop of gravy browning ;* 4 *oz. sausage meat ; little grated onion ; seasoning ;* 1 *level tablespoon chopped parsley ; pinch of herbs.*

Cook the macaroni in boiling salted water till tender, then strain. Return one teacup macaroni liquid to pan, mix with a little cold water or milk and stir into the hot liquid. Stir till the mixture boils and thickens. Add browning, then add the other ingredients. Keep the mixture firm. Steam in a greased and covered basin for 45 minutes. Turn out and serve with vegetables and gravy.

SHEPHERD'S PIE

Utensils required : saucepan, pie-dish.

4 *oz. cooked minced meat ;* ½ *cooked onion ;* 8 *oz. cooked potato ;* 1 *tablespoon milk ;* ¼ *oz. margarine ;* ¼ *oz. cooking fat ;* ¼ *oz. flour ;* ½ *gill vegetable stock ; seasoning ; meat extract for flavouring.*

Melt the cooking fat and brown the chopped onion in it. Add the flour and allow to brown without burning. Add the stock carefully and stir till the mixture boils. Add the flavouring to the meat and then stir into the onion mixture. Beat the margarine and milk into the cooked potato, heating through thoroughly. Put the meat mixture into a pie dish and cover with the potato. Dot with a few dabs of margarine and brown under the grill.

TOAD-IN-THE-HOLE

Utensils required : basin, Yorkshire pudding tin.

4 *oz. flour ;* 1 *oz. dripping ; pinch salt ;* ½ *pint milk ;* 8 *oz. sausages ;* 1 *egg.*

Sieve the flour and the salt into a basin. Add the egg and a little of the milk. Gradually beat in the flour from the sides of the basin and add the rest of the milk. Beat the batter thoroughly and allow to stand as long as possible. Heat the dripping in a Yorkshire pudding tin, pour in the batter, then arrange the skinned sausages neatly in the batter. Bake in a hot oven for ¾ hour.

Sweets

Where cooking time and space are limited, it is better to concentrate on cooking a savoury dish and have fresh or tinned fruit, or biscuits and cheese, or occasionally a bought pastry, as a second course. If you like hot sweets, concentrate on the type that can be quickly prepared, such as fritters or sweet omelettes or hot stewed fruit. Small steamed puddings can be bought ready prepared in tins, or in packets that merely require the addition of liquid. With an oven you will, of course, be able to make pastry, milk puddings, etc., though these will take longer to prepare.

Many cold sweets, such as blancmanges, jellies, fruit salads and whips, junkets and small trifles, can be prepared the day before and kept well covered in a cool place ready for when you come in the following evening. Here are a few recipes for sweets which are simply prepared.

STRAWBERRY JUNKET

Utensils required : saucepan, glass dish.

1 *pint milk ;* 1 *teaspoon sugar ; a little pink colouring ;* 1 *teaspoon rennet ; strawberry jam.*

Put the jam in the bottom of a glass dish. Warm the milk to blood heat, add the sugar, colouring and rennet. Stir and pour over the jam. Leave to set.

PRUNE WHIP

Utensils required : basin, whisk, glass dish.

½ *teacup sieved stewed prunes ;* ½ *tablespoon marmalade ;* ½ *tablespoon sugar ; few drops lemon flavouring ;* 2 *tablespoons evaporated milk.*

Slightly heat the prunes, marmalade and sugar ; add the flavouring, then turn the mixture into a basin. Whip the evaporated milk, add to the prune mixture and whisk all together till fluffy. Put into a glass dish and decorate to taste.

EGGLESS FRITTERS

Utensils required : basin, frying pan.

4 oz. plain flour ; 2 oz. sultanas ; ¼ pint milk ; 1 teaspoon baking powder.

Sieve together flour and baking powder and mix with the milk to a smooth batter. Chop the sultanas and add to the batter. Fry in tablespoonfuls in shallow fat ; when brown on one side, turn and brown on the other. Sprinkle with sugar and cinnamon and serve.

If you have a little more time to spare, try . . .

PANCAKES

Utensils required : basin, wooden spoon, frying pan.

2 oz. flour ; ¼ teaspoon baking powder ; pinch salt ; ½ egg ; 1 gill milk ; fat for frying.

Sift the egg, salt and flour into a basin, and make a well in the centre. Mix with 1 tablespoonful of water and then with half the milk, working gradually from the centre to the outside, until a smooth creamy batter is obtained. Allow to stand for 30 minutes, then add the remainder of the milk and the baking powder and beat again.

Melt the fat in the frying pan, and when hot pour it off into a basin, when a film of fat will be left which will be sufficient for frying the pancakes. Pour in enough of the batter to cover the frying pan thinly. When set and slightly brown on one side, turn or toss on to the other and cook. Turn out on to sugared paper, dust with castor sugar and sprinkle with lemon juice. Roll up and keep hot till all the pancakes are ready.

N.B.—If the frying pan is rubbed with a little salt and wiped clean with a dry cloth, the pancakes will not stick.

SPOTTED DICK

Utensils required : pudding basin.

4 oz. flour ; 2 oz. margarine ; 2 oz. sugar ; ½ teaspoon baking powder ; 1 egg ; 1 oz. sultanas ; milk to mix.

Grease a basin thoroughly. Place a few cleaned sultanas in the bottom for decoration. Rub the fat into the flour, add the remainder of the dry ingredients. Mix in the egg and then the milk until a dropping consistency is obtained. Steam for ¾ hour.

SEMOLINA PUDDING

Utensils required : saucepan, pie dish.

½ pint milk ; ½ oz. sugar ; ¾ oz. semolina ; jam, if liked.

Heat the milk. Draw the saucepan away from the heat and sprinkle in the semolina, stirring all the time. Return the saucepan to the heat, and stir till the mixture boils and thickens. Add the sugar and put the mixture in a greased pie-dish. Jam can be put in the bottom of the pie-dish if liked. Bake for 30 minutes in a fairly cool oven.

Salads

A fresh, crisp salad is always welcome, and does not take long to prepare.

A simple green salad can be served as an accompaniment to a main dish of meat, or a more substantial salad, containing fish, cheese, eggs or meat, makes a well-balanced meal in itself. Although fresh vegetables are more popular, many cooked vegetables such as peas or butter beans, are equally acceptable when raw vegetables are scarce.

Fresh fruit, particularly oranges, bananas, apples and grapes, are delicious in a salad, as are chopped nuts, which also provide extra nourishment. Ring the changes as much as possible, and do not be afraid to experiment with unusual combinations of ingredients.

A salad is only appetising if the ingredients are absolutely fresh and the dish is attractively prepared. To clean a lettuce, wash under running cold water, shake off surplus moisture, then put it in a colander or dry cloth and shake to remove remaining water. If a lettuce has gone limp, wash as above, but leave slightly moist. Put in a bowl, cover with a plate, and leave for a while in a cool place.

FRENCH SALAD DRESSING

The proportion of oil and vinegar in a French dressing may vary according to individual taste, but the following is quite satisfactory : 2 tablespoons olive or salad oil ; 1 tablespoon vinegar (preferably wine vinegar) ; salt and pepper to taste. Mix thoroughly together.

TANGERINE SALAD

2 *tangerines ; 2 tomatoes ; lettuce ; cream cheese ; watercress ; parsley.*

Peel the tangerines and open out the sections before separating them. Remove pips and any pith and fill the centres with cream cheese. Cut the tomatoes into lily shapes. Arrange the lettuce on a flat dish, put the tangerines and tomatoes on the lettuce and garnish with watercress and parsley.

FLEMISH SALAD

2 *teacups cooked potatoes ; piece of cucumber ; small beetroot ;* 4 *olives ;* 3 *anchovies ; mayonnaise ; lettuce.*

Dice the potatoes, cucumber and beetroot. Stone and cut up the olives ; fillet the anchovies if necessary and chop into pieces ; mix all the ingredients together and dress with mayonnaise. Serve piled on a bed of lettuce.

Eggs

SOFT BOILED

Put enough water in a saucepan to cover the eggs, bring to the boil. Lower the eggs very gently into the water, boil for three minutes for a lightly boiled egg and 4 minutes for a well-set egg. Alternatively the eggs can be put into cold water and gradually brought to the boil, the timing starting from the moment the water begins to boil.

HARD BOILED

Put the eggs in enough cold water to cover, bring to the boil and cook for 10-15 minutes. After the first 2-3 minutes the eggs should be turned so that the yolks are set in the centre of the egg. Remove the eggs from the pan, crack the shells and place in cold water till required. This prevents black rings forming round the egg yolk.

POACHED

Poaching may be done either in a saucepan or frying pan. Put sufficient water in the pan to cover the egg and add 1 teaspoonful of salt. Break the egg into a cup and be quite sure it is fresh. Drop gently and quickly into the pan of boiling water and cook for about 2½ minutes with water just under the boil. Carefully lift out and drain, then serve on buttered toast. Eggs may also be poached or " steamed " in a poacher. Grease the small containers of the poacher with butter or cooking fat. Break an egg carefully into each, season, place over the pan of boiling water, cover and cook for 3-4 minutes until the white is set.

FRIED

Put a small quantity of fat into the frying pan. Break egg into cup. Allow the fat to melt in the pan, but do not let it become smoking hot. Drop in the egg and cook slowly until set, basting the egg with the hot fat.

BACON AND EGG

When doing bacon and egg, place the bacon in a cold frying pan, cook gently until transparent, then turn on to other side and cook until the fat becomes crinkly. Draw to one side of the pan away from the heat and fry the egg in the fat that has come from the bacon.

Egg Dishes

GRILLED BACON AND EGG

Utensils required : grill tin, perforated slice.

Melt a little fat in the grill tin. Break egg into this ; carefully replace trivet with bacon on top. Cook underneath grill until bacon is ready. If egg is not quite done put pan on top of grill and cook for a further minute or two.

SCRAMBLED EGG

Utensils required : saucepan.

2 eggs ; 1 tablespoon milk ; ½ oz. butter or margarine ; seasoning ; buttered toast.

Beat eggs, add milk and seasoning. Melt butter in a saucepan, add beaten eggs. Cook over a gentle heat until the mixture thickens, stirring all the time. Serve on hot buttered toast. To vary this dish, chopped ham, bacon, fish, peas, tomatoes or grated cheese can be added to the beaten eggs before cooking.

SAVOURY OMELETTE

Utensils required : frying pan, slice.

2 eggs ; good pinch mixed herbs ; ½ teaspoon chopped parsley ; seasoning ; ½ oz. butter or margarine.

Beat eggs and add seasoning. Heat fat in frying pan until it has turned brown. Pour in beaten eggs. Stir briskly with a fork until the mixture begins to set. Allow to settle. Fold over and turn out.

SPANISH OMELETTE

Utensils required : omelette or frying pan, slice.

2 eggs ; 1 rasher bacon ; 1 cooked potato ; skinned tomato ; a little chopped onion ; a little fat ; seasoning.

Cut potato, tomato and bacon into cubes. Melt fat in omelette pan, and add these. Cook until bacon is done. Beat eggs and add seasoning. Pour beaten eggs over vegetables in pan, stir well and allow to set. When just set place pan underneath grill to set other side of omelette.

Toast Dishes

If you have not much time to spare, " something on toast " is a good idea. Make your toast underneath the gas grill or, with the aid of a toasting fork, in front of the gas fire. Butter toast while still hot. Dry toast will stay crisp if it is stood upright in a toast rack and not laid flat on a plate.

Here are a few suggestions for toast dishes :—

ANCHOVY AND CREAM CHEESE TOAST

Spread rounds of buttered toast with cream cheese and top with anchovy fillets.

CHEESE AND WALNUT TOAST

Mix together cream cheese and chopped walnuts and spread on buttered toast.

FISH TOAST

Mix some flaked smoked haddock, or shrimps or prawns, in a little white sauce, spread on the toast, cover with a little grated cheese, and brown under the grill.

MUSHROOMS ON TOAST

Grill the mushrooms, sprinkle with lemon juice and pepper and place on rounds of buttered toast. Or cook 4 oz. mushrooms in a little butter or margarine, place in white sauce, heat through and serve on hot toast.

SAVOURY TOAST

Spread rounds of toast with meat extract, fish-paste, or other savoury extract and top with chopped hard-boiled egg.

TOMATOES ON TOAST

Grill the tomatoes either whole or cut in half. Or slice thickly, sprinkle with grated cheese and cook under the grill. Serve on hot toast.

ONION TOAST

Fry some sliced Spanish onions until brown and spread thickly on buttered toast. Season. Cover with thin slices of cheese spread with a little mustard. Heat under the grill or in the oven till the cheese has melted. Serve at once.

WELSH RAREBIT

Melt a teacup of grated cheese very slowly in a thick saucepan ; mix to a smooth paste with a flat teaspoon of flour and about a tablespoon of milk. Add salt, pepper and mustard to taste, spread on the toast and brown slowly under the grill. A poached egg is sometimes placed on top.

Sauces

A good sauce will turn even the most homely fare into something really appetising, and can be very useful for re-heating a variety of foods. A coating sauce must be thick enough to adhere to the back of a spoon : if required for pouring round a dish, it should be thin enough to flow without being lumpy. If it is necessary to keep a sauce hot some time before using, place the saucepan in which it was made in another containing boiling water, and stand over a very gentle heat. Always use a wooden spoon for mixing ; cook very slowly and simmer for five minutes after the sauce has reached boiling point.

For a *coating sauce* allow 1 oz. fat and 1 oz. flour to half a pint of liquid.

For a *pouring sauce* allow 1 oz. fat and 1 oz. flour to ¾-1 pint liquid.

For a *thick binding sauce*, for use when making rissoles, etc., allow 1 oz. fat and 1 oz. flour to ¼ pint liquid.

FOUNDATION WHITE SAUCE

Utensils required : thick saucepan, wooden spoon.

Melt the fat in the saucepan ; add the flour and mix well together, then cook for a minute or two over a very low flame without browning. Remove the pan from the heat, pour in the liquid gradually, then stir over a gentle heat till it boils. Add seasoning to taste and cook for a further five minutes.

VARIATIONS :

Anchovy Sauce. Use half fish stock and half milk in making the sauce, and add 2 teaspoons anchovy essence.

Cheese Sauce. Add 2 tablespoons grated cheese and a little made mustard.

Caper Sauce. Add 1 tablespoon chopped capers and 1 tablespoon vinegar.

Egg Sauce. To ½ pint of sauce add one finely chopped hard-boiled egg.

Parsley Sauce. Add 1 tablespoon finely chopped parsley.

MINT SAUCE

To 3 tablespoons finely chopped mint add ¼ pint white vinegar, 1 oz. sugar and a pinch of salt. Mix well together and let it stand for a while before using.

HORSERADISH SAUCE

Scrub and scrape the horseradish, then grate finely. Add sufficient white vinegar to cover and castor sugar to taste.

BREAD SAUCE

Peel an onion and stick 3 cloves into it. Boil up ½ pint milk and pour it over the onion, and allow to stand for ½ hour. Remove the onion, add 2 oz. white breadcrumbs, season with salt, pepper and a pinch of mace, and cook very gently till the breadcrumbs swell. Stir in 1 oz. margarine, and pour the sauce into a hot sauceboat.

BROWN SAUCE

Melt 1 oz. dripping in a pan and stir in 1 oz. flour, cook very gently till brown. Gradually add ¾ pint vegetable stock and stir till boiling, season and simmer for a further 5 minutes before serving. A few drops of gravy browning or a meat cube may be added to improve the colour and flavour.

GRAVY

Drain off all fat from the baking tin in which the meat was roasted, and to the remaining meat essence add ½ pint vegetable stock ; season, stir well and boil for 2 or 3 minutes before straining into a sauceboat. For a thicker gravy, stir into the meat sediment a dessertspoon of flour before adding the liquid.

Beverages

TEA

When making tea allow one good teaspoon of tea per person. Heat the teapot with hot water for a few minutes, then pour out the water. Put in the tea leaves, pour on boiling water and allow to infuse for 2-3 minutes.

COFFEE

To make coffee for three to four people, measure one pint of water into a kettle and put it on to boil. While it is boiling, heat thoroughly a china jug or coffee pot. Just before the water boils measure into the jug (which should be quite dry) four heaped dessertspoons of freshly ground coffee. Pour the boiling water slowly on to the coffee ; stir briskly and allow to stand for a minute or two before skimming off the grounds on top with the edge of a spoon. Cover the jug and leave in a warm place for 3 minutes to allow the remainder of the grounds to settle. The coffee should then be ready for serving. For very clear coffee strain into another pre-heated jug.

When serving white coffee make the milk very hot, but do not let it boil.

COCOA

Allow one teaspoon of cocoa to a breakfastcup of milk, or milk and water. Blend the cocoa with a little cold milk, and put the rest on to boil. Pour the boiling milk on to the cocoa, stir well, return to the pan, and bring to the boil. Boil for a minute or two, then serve.

LEMONADE

Use one lemon, a tablespoon of sugar and half pint of water. Wash the lemon, peel the rind off with a knife and put in a glass jug which has been previously warmed. Squeeze the juice into the jug. Add the sugar and pour on boiling water. Cover and leave till cold.

ORANGEADE

Is made similarly to lemonade, but adjust the sugar according to the sweetness of the orange.

To Reheat Cooked Foods

PASTRY

Place a biscuit tin lid, or baking tin, enamel or tin plate, on top of a very low gas flame, with the patty or tart on the tray ; cover with a saucepan lid or enamel plate and allow to heat through gently.

MEAT, FISH OR VEGETABLES (not required crisp)

Place on a plate covered with a saucepan lid on top of a saucepan of boiling water.

FRIED FISH, FISHCAKES, SCOTCH EGGS

Grease an enamel or tin plate, put fish or whatever requires re-heating on it, and place over the grill or on top of a very low gas flame. Cover with a lid and heat slowly.

MEAT AND SPONGE PUDDINGS IN TINS

Punch a hole in the can. Place in a saucepan with boiling water to come two-thirds up the tin.

Handy Measures

1 teacup flour	4 oz.
1 heaped tablespoon flour	1 oz.
1 heaped dessertspoon flour	½ oz.
1 heaped teaspoon flour	¼ oz.
1 heaped tablespoon breadcrumbs	½ oz.
1 heaped tablespoon cheese	1 oz.
1 level tablespoon sugar	1 oz.
½ oz. fat	Piece the size of a walnut
1 oz. fat	Piece the size of a hen's egg
1 small teacup liquid	¼ pint
1 breakfastcup liquid	½ pint

Equipping Your Small "Kitchen"

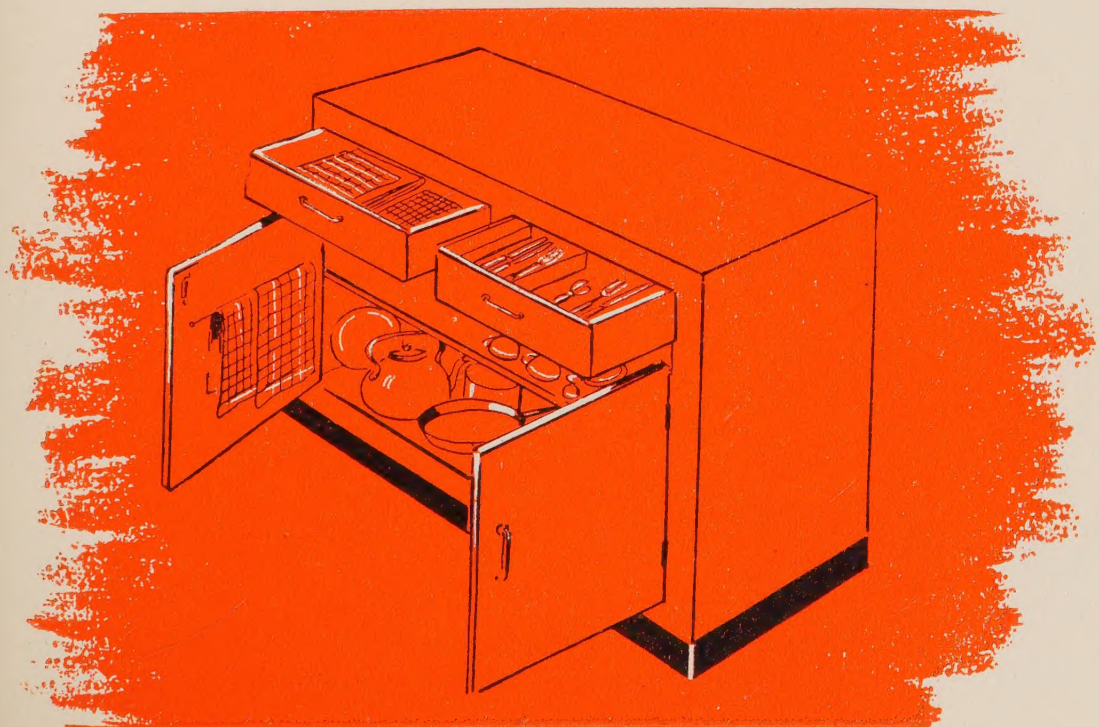
Every kitchen needs a *table*, every kitchen needs a *cupboard*. A cabinet combines the two and is the solution to the problem of being neat and tidy when there is no space to spare. Cabinets such as the one illustrated below can be bought from a hardware store and painted to match the room. If a spare piece of linoleum is tacked on the top the cabinet will take its place unobtrusively in the miniature home, and be easy to keep clean.

With skilful furnishing your cabinet will be as handy as a ship's galley. For your dishcloth and teacloth hang an expanding curtain rod inside one door, and for jugs, graters and anything that will hang, screw half a dozen cup hooks into one side. Keep dinner mats and napkins in one drawer and cutlery in the other ; if you have only one drawer divide it down the centre, so that they won't get rumpled if you dive for a spoon or tin-opener. Have a shallow box in another part of the drawer for the " best " cutlery, to spare it scratches.

Choose your utensils carefully and beware of gadgets. Here is a list of the items with which you should equip your " kitchen."

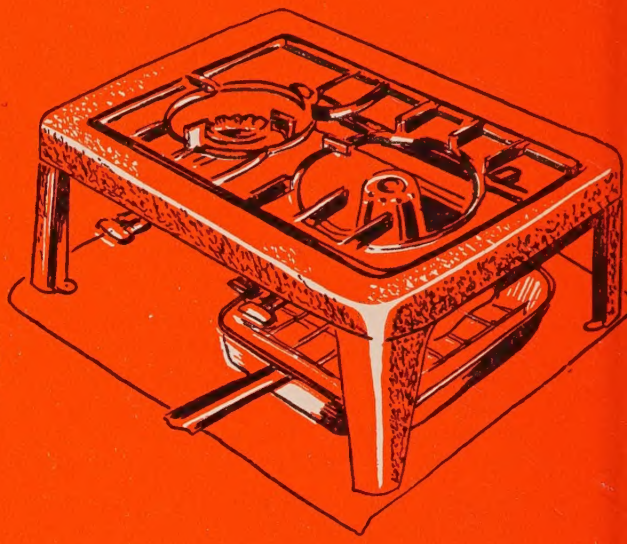
1 kettle
1 frying pan (7"-8" in diameter)
1 enamel bowl for washing up
1 enamel plate
1 milk saucepan
1 larger saucepan
1 pint jug
1 small basin
1 mixing bowl
1 tin opener
1 strainer
1 grater
1 perforated spoon or fish slice
1 kitchen knife
1 fork
1 spoon
1 wooden spoon
1 vegetable peeler
1 washing-up mop
1 dishcloth
2 teacloths
1 pot brush
Salt and pepper sprinklers

Fireproof dishes, piedishes, etc., should, of course, be added according to the type of cooking you will be undertaking.

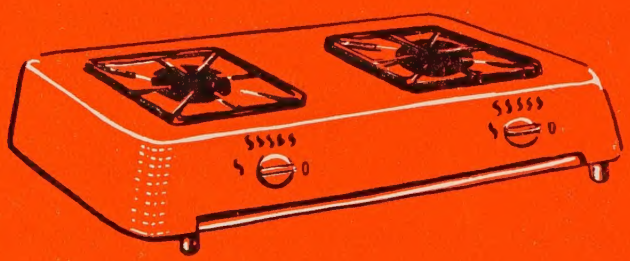


GAS APPLIANCES FOR THE ONE-ROOM COOK

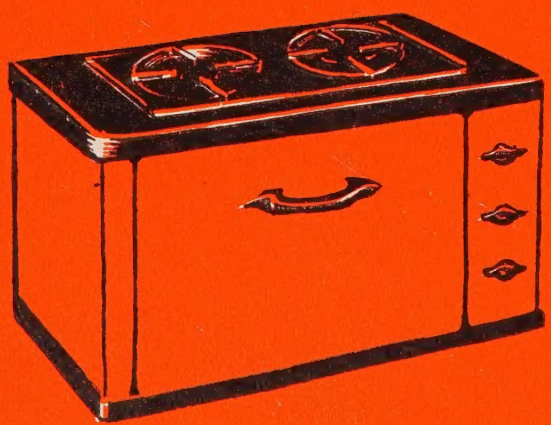
There are hotplates with one or more boiling burners and a grill, single or double boiling rings and neat table cookers with boiling rings and oven.

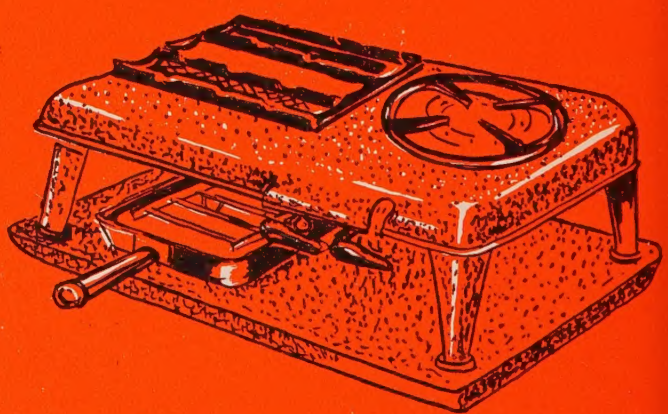


Above left : A table griller with one boiling burner and fold down top.
Right : This model has one boiling burner and a reversible "grill-boil" burner.

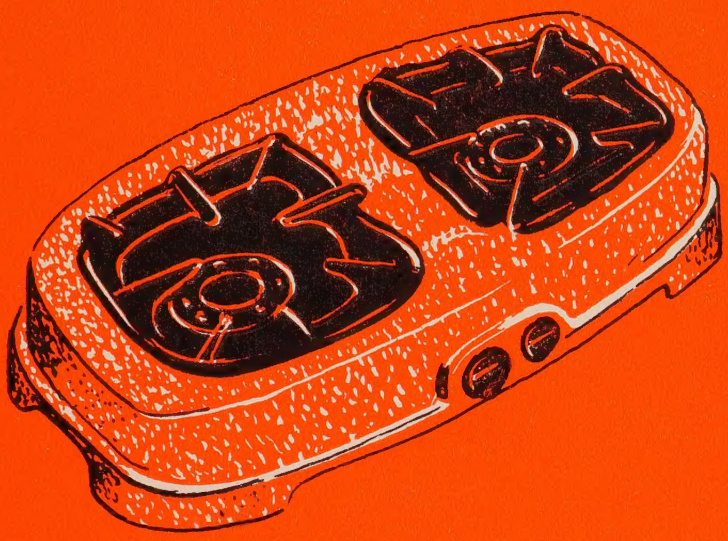


A double gas-ring giving the cook two boiling burners.



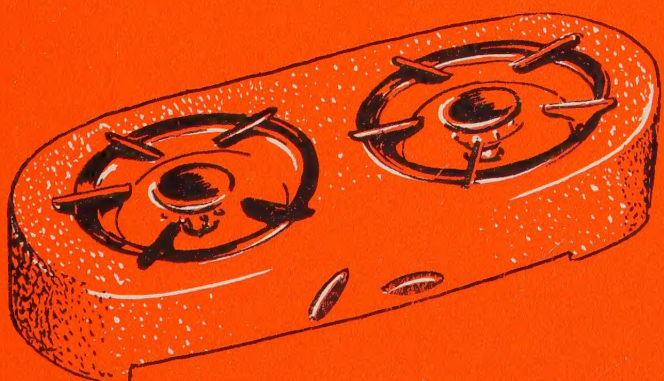


Left : A table cooker with two boiling burners and oven (or one boiling burner, grill and oven). Right : A hotplate with grill and boiling ring.



Two boiling rings set in a handsome enamel finish.

Three neat designs for single rings.



Another double ring, finished in mottled grey or cream enamel.

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